



Navy Drug Detection and Deterrence News

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Messages to Share

Below are sample messages that can be shared on social media or as Plan of the Week notes aligned with Navy Drug Detection and Deterrence's prevention efforts:

1. Being proactive about your health is always the best option. Dietary supplements might seem to be a great way to get the vitamins and minerals you need, but nothing can replace a balanced diet. March is Navy and Marine Corps Public Health Center's Healthy Eating Month. Learn more about proper nutrition's role in a healthy lifestyle at go.usa.gov/xE9G8.
2. The two most common reasons for the "PI – Improperly Packaged" discrepancy code are that the sample arrives at the lab without individual bagging or the individually bagged sample arrives without absorbent material. If neither of these apply but this code is still used, contact the servicing lab, provide the LAN number and they may have a note on why the specimen was assigned that code. The Navy Drug Screening Program Help Desk can also assist.
3. Insufficient sleep can negatively impact personal safety and mission readiness, but it is also linked to certain health problems. If you experience difficulty falling or staying asleep, talk to your doctor about options for improving your sleep quality. March 10-16 is Sleep Awareness Week. Find tips for better sleep at cdc.gov/sleep.
4. In case of emergency, always keep the Poison Control Center phone number visible in your home and saved in your cell phone. The number is 1-800-222-1222.

Weighing the Risks of Weight Loss Pills

Americans spent over \$2 billion trying to find a "magic pill" for weight loss in 2014. So many options are available over-the-counter, but how do they even work? And do they deliver on their claims? Online health magazines, scientific studies and customer reviews can provide some insight.



How Weight Loss Products Work

Diet pills and weight loss supplements generally purport to cause weight loss by either: 1) reducing appetite, resulting in consumption of fewer calories; 2) reducing absorption of fat, resulting in the intake of fewer calories; or 3) increasing fat burning, resulting in expenditure of more calories.

Popular Weight Loss Products

- **Garcinia Cambogia** was found by a 2011 [meta-analysis](#) to result in an average weight loss of about 2 pounds over several weeks; however, side effects include digestive problems.
- **Orlistat (Alli)** claims to work by inhibiting the breakdown of fat. A [meta-analysis](#) found that it may increase weight loss over time by 6 pounds. But reported side effects include flatulence, frequent bowel movements, and a deficiency in fat-soluble vitamins such as A, D, E, and K.
- **Glucomannan** is a fiber found in the roots of the elephant yam and absorbs water to create a "viscous gel" that causes your stomach to feel full. A 2013 [study](#) found no significant difference in weight loss of participants after 8 weeks, and customer reviews of glucomannan vary. There is a side effect: not drinking enough water may cause the product to swell in the throat and cause choking.
- **Green Tea Extract** contains epigallocatechin gallate (EGCG), an antioxidant that is believed to aid in fat burning and increase the activity of the stress hormone and neurotransmitter norepinephrine. A 2009 [meta-analysis](#) found a significant decrease in body weight among the studies' participants; however, many studies did not include a diverse participant group. Plus, in high amounts, EGCG may cause [liver damage](#).

Healthy Diet and Exercise

Remember that no dietary supplement is going to radically transform health without effort from the user. A doctor will suggest a balanced diet and physical activity over any supplement. Information about supplement safety is also available from the DoD's Operation Supplement Safety page at www.opss.org.



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Cannabis-Infused Beverages

Perhaps you enjoy having a nice cold lemonade, hot coffee or tea, an energy drink, or a non-alcoholic beer. Whatever your preferred beverage, you may soon see it offered with a side of cannabis.

Drinks can be infused with tetrahydrocannabinol (THC), cannabidiol (CBD), hemp oil or all of the above. CBD can be derived from the marijuana plant, in which case it is federally illegal (regardless of state laws). CBD derived from industrial hemp that is grown following the US Farm Act contains only trace levels of THC (0.3%) and is legal. Things, however, may get confusing from there. In states with legal recreational marijuana use, producers have created beverages infused with THC. More common, however, are CBD-infused products, including sparkling water, iced coffee, energy drinks and juices. These products contain CBD concentrations that vary by company and that may be from different sources — some from hemp, others from marijuana. According to the president of ConsumerLab, a company that tests hemp-based CBD products, around ten percent of people who use these products can test positive for THC. This depends not only on the concentration of the product, but also on how an individual metabolizes CBD.

For service members, whose careers could be cut short by a positive drug test, it is imperative to know what is legal to consume and what to avoid. According to Navy policy, which follows the Controlled Substances Act, the possession and use of both THC and CBD products is prohibited.

CBD products on the market in the US have not been approved by the US Food and Drug Administration (FDA) and are not regulated. A report from the Centers for Disease Control and Prevention (CDC) in 2018 revealed that 50 people in the state of Utah were poisoned by products that were labelled as CBD products but actually contained synthetic marijuana. It may be tempting to try a new product that promises energy and increased overall wellbeing, but considering the lack of regulation and potential risks for one's Navy career, it's wise to stick to the lemonade, tea and sodas that you know are cannabis-free.



Current and Upcoming Events

March DDD Webinars

All webinars are scheduled for 1000-1130 CT and 1700-1830 CT

13 — Web DTP and DTP Lite Update

27 — Processing Samples & Running Reports in NDSP

To join, log on at go.usa.gov/xPPS2.

ADAMS for Leaders, DAPA, UPC & Drug Aware Courses

Can be accessed using your CAC by logging in to My Navy Portal (MNP) at my.navy.mil.

NMCPHC Healthy Eating Month

March

Find the toolkit at go.usa.gov/xE9G8.

National Sleep Foundation Sleep Awareness Week

March 10-16

Learn more at sleepfoundation.org/SAW.

National Poison Prevention Week

March 17-23

Learn more at poisonhelp.hrsa.gov.

Pediatric Opioid Poisonings

A recent [study](#) has found that between 1999 and 2016, almost 9,000 children and adolescents aged 19 and younger died from opioid poisonings in the US, with around 73% of those deaths caused by prescription opioids. Total deaths were highest among adolescents aged 15 and 19, but the rates increased in all age groups over time: by nearly 253% among that age group and by 225% among children aged 0 to 4. Nearly 81% of the deaths were unintentional.

Additionally, a 2017 [study](#) found that among adults with only children under the age of 7 in their homes, just 32.6% safely store their prescription opioids, while 11.7% of adults with only children aged 7 to 17 do. Following these tips from the [CDC](#) can help keep the children in your home safe: 1) Store medications both out of reach and sight of children, 2) avoid leaving medications on a counter or nightstand, 3) lock the safety cap on medications after each use, 4) ensure that your children understand that only a trusted adult should administer medications to them, and 5) encourage all guests in your home to keep their medications safe and secure.

Keep the Poison Control Center phone number visible in your home and saved in your cell phone for emergencies. The number is 1-800-222-1222.